



# Unit Assessment Sheet

## 01370 - SLSGB Nipper 4

|                      |                |                          |  |
|----------------------|----------------|--------------------------|--|
| <b>Course Number</b> | 01370          | <b>Lead Trainer Name</b> |  |
| <b>Course Type</b>   | SLSGB Nipper 4 | <b>Date</b>              |  |
| <b>Assessor 1</b>    |                | <b>Signature</b>         |  |
| <b>Assessor 2</b>    |                | <b>Signature</b>         |  |

### Unit NIP01 - Nipper 1

| Assessment Criteria  |  |                  | Candidate Names |  |  |  |  |  |  |
|--|--|------------------|-----------------|--|--|--|--|--|--|
| Learning Outcome 1.X<br>Demonstrate basic surf safety skills and knowledge |  |                  |                 |  |  |  |  |  |  |
| #  | Definition   | Example Evidence |                 |  |  |  |  |  |  |
| 1.1  | Demonstrate running into the sea   |                  |                 |  |  |  |  |  |  |
| 1.2  | Demonstrate going underwater as a wave passes  |                  |                 |  |  |  |  |  |  |
| 1.3  | Demonstrate jumping or charging through waves  |                  |                 |  |  |  |  |  |  |
| 1.4  | Demonstrate the ability to relax and float on the back in the sea for 30 seconds           |                  |                 |  |  |  |  |  |  |
| 1.5  | Demonstrate shout and signal for help  |                  |                 |  |  |  |  |  |  |
| 1.6  | Demonstrate providing a friend with a flotation device                                     |                  |                 |  |  |  |  |  |  |
| 1.7  | Identify 'Return to Shore', 'Proceed Further Out to Sea', 'Go Left' and 'Go Right' signals |                  |                 |  |  |  |  |  |  |
| 1.8  | Understand one whistle blast for attract attention   |                  |                 |  |  |  |  |  |  |

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| 1.9  | Perform 'Assistance Required' signal  |  |  |  |  |  |  |  |  |
| 1.10   | Identify recognised areas for safe swimming on beaches                          |  |  |  |  |  |  |  |  |
| 1.11   | Identify dangerous areas for swimming on beaches                                |  |  |  |  |  |  |  |  |
| 1.12   | Identify a lifeguard  |  |  |  |  |  |  |  |  |
| 1.13   | Recognise to only ever enter the water with another competent person, not alone |  |  |  |  |  |  |  |  |
| <b>Overall Result</b>                        |   |  |  |  |  |  |  |  |  |
| Competent / Not Yet Competent / Partial Pass |   |  |  |  |  |  |  |  |  |

## Unit NIP02 - Nipper 2

| Assessment Criteria  |  |                  | Candidate Names |  |  |  |  |  |  |
|--|--|------------------|-----------------|--|--|--|--|--|--|
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| <b>Learning Outcome 1.X</b>                                      |  |                  |                 |  |  |  |  |  |  |
| To able to demonstrate basic surf safety skills within own depth |  |                  |                 |  |  |  |  |  |  |
| #  | Definition   | Example Evidence |                 |  |  |  |  |  |  |
| 1.1  | Demonstrate wading and running through waves                                 |                  |                 |  |  |  |  |  |  |
| 1.2  | Demonstrate diving over waves  |                  |                 |  |  |  |  |  |  |
| 1.3  | Demonstrate correct body surfing position                                    |                  |                 |  |  |  |  |  |  |
| 1.4  | Demonstrate completion of a wading course                                    |                  |                 |  |  |  |  |  |  |
| 1.5  | Demonstrate swimming in flat conditions for 100 metres                       |                  |                 |  |  |  |  |  |  |
| 1.6  | Demonstrate prone paddling a board, in flat conditions for 150 metres        |                  |                 |  |  |  |  |  |  |
| 1.7  | Demonstrate carrying of a board  |                  |                 |  |  |  |  |  |  |
| 1.8  | Demonstrate a capsize and get back on a board                                |                  |                 |  |  |  |  |  |  |
| 1.9  | Demonstrate ability to turn left and turn right while prone paddling a board |                  |                 |  |  |  |  |  |  |
| 1.10   | Identify two safety points when using a board                                |                  |                 |  |  |  |  |  |  |
| 1.11   | Identify three types of waves  |                  |                 |  |  |  |  |  |  |
| 1.12   | Recognise the flagged/safe areas and times to go in the water                |                  |                 |  |  |  |  |  |  |
| 1.13   | Recognise two potential dangers of other water users to self                 |                  |                 |  |  |  |  |  |  |
| 1.14   | Be able to explain what to do when in trouble in the sea                     |                  |                 |  |  |  |  |  |  |
| 1.15   | Know who to call in an emergency   |                  |                 |  |  |  |  |  |  |
| <b>Overall Result</b>  |  |                  |                 |  |  |  |  |  |  |
| Competent / Not Yet Competent / Partial Pass                     |  |                  |                 |  |  |  |  |  |  |

## Unit NIP03 - Nipper 3

| Assessment Criteria   |   |                  | Candidate Names |  |  |  |  |  |  |
|---|---|------------------|-----------------|--|--|--|--|--|--|
|   |   |                  |                 |  |  |  |  |  |  |
| <b>Learning Outcome 1.X</b>   |   |                  |                 |  |  |  |  |  |  |
| Demonstrate competence in surf swimming and board paddling for out of depth nipper activities |   |                  |                 |  |  |  |  |  |  |
| #   | Definition  | Example Evidence |                 |  |  |  |  |  |  |
| 1.1   | Demonstrate ability to tread water for 30 seconds at sea  |                  |                 |  |  |  |  |  |  |
| 1.2   | Complete a 300 metre swim course  |                  |                 |  |  |  |  |  |  |
| 1.3   | Complete a 400 metre board course   |                  |                 |  |  |  |  |  |  |
| 1.4   | Demonstrate ability to perform dolphin dives appropriate for going over and under waves                     |                  |                 |  |  |  |  |  |  |
| 1.5   | Demonstrate ability to turn the board 360 degrees whilst sitting, without the need for the use of the hands |                  |                 |  |  |  |  |  |  |
| 1.6   | Demonstrate ability to perform correct skills to be able to ride a wave on a board, straight to shore       |                  |                 |  |  |  |  |  |  |
| 1.7   | Demonstrate ability to quickly move weight from front to back and back to front of board                    |                  |                 |  |  |  |  |  |  |
| 1.8   | Demonstrate ability to get to kneeling position on a board  |                  |                 |  |  |  |  |  |  |
| 1.9   | Demonstrate ability to push and glide on a board  |                  |                 |  |  |  |  |  |  |
| 1.10  | Identify five specific safety points specific to using craft  |                  |                 |  |  |  |  |  |  |
| 1.11  | Demonstrate using a board as a flotation support for a friend at sea, until help arrives                    |                  |                 |  |  |  |  |  |  |
| 1.12  | Signalling for 'Danger' and 'All clear' (from a board)  |                  |                 |  |  |  |  |  |  |
| 1.13  | Identify three types of rip currents  |                  |                 |  |  |  |  |  |  |

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| 1.14   | Able to explain what to do if you see someone else in trouble in the sea                 |  |  |  |  |  |  |  |  |
| 1.15   | Able to explain how to keep position in the sea and align with fixed objects on the land |  |  |  |  |  |  |  |  |
| <b>Overall Result</b>                        |  |  |  |  |  |  |  |  |  |
| Competent / Not Yet Competent / Partial Pass |  |  |  |  |  |  |  |  |  |

## Unit NIP04 - Nipper 4

| Assessment Criteria  |   |                  | Candidate Names |  |  |  |  |  |  |
|--|---|------------------|-----------------|--|--|--|--|--|--|
|  |   |                  |                 |  |  |  |  |  |  |
| <b>Learning Outcome 1.X</b>  |   |                  |                 |  |  |  |  |  |  |
| To demonstrate highly competent water skills for nipper activities and prepare for progressing through to more advanced levels of competency as junior/youth |   |                  |                 |  |  |  |  |  |  |
| #  | Definition  | Example Evidence |                 |  |  |  |  |  |  |
| 1.1  | Complete a 500 metre board, 100 metre run and 300 metre swim course in succession in the sea  |                  |                 |  |  |  |  |  |  |
| 1.2  | When Surf Swimming: wade, dolphin dive, swim out to sea then tread water at sea for three minutes and be able to swim and body surf back to shore, as appropriate   |                  |                 |  |  |  |  |  |  |
| 1.3  | With use of a board: bunny hop, prone paddle and knee paddle on a board; sit and turn the board left and right 360 degrees without need to use the arms; lie and pop through waves; ride along waves left and right and carry the board independently |                  |                 |  |  |  |  |  |  |
| 1.4  | Demonstrate ability to move weight from front to back of board and back to front of board when on a wave  |                  |                 |  |  |  |  |  |  |
| 1.5  | Communicate 'Assistance Required', 'Go Left', 'Go Right', 'Return to Shore' using recognised signal flags   |                  |                 |  |  |  |  |  |  |
| 1.6  | Demonstrate ability to paddle a board to shore from beyond the break, with another friend on the front  |                  |                 |  |  |  |  |  |  |
| 1.7  | Identify the treatment for a weaver sting   |                  |                 |  |  |  |  |  |  |
| 1.8  | Identify at least 1 danger associated with each of the following: rips, waves, rocks, cliffs, sand, wind, tides, sun and cold   |                  |                 |  |  |  |  |  |  |
| <b>Overall Result</b>  |   |                  |                 |  |  |  |  |  |  |
| Competent / Not Yet Competent / Partial Pass   |   |                  |                 |  |  |  |  |  |  |

